



## THE NEW WIC FOODS ARE COMING

**AND THEY'RE BRINGING  
MORE TO THE TABLE.**

WIC is making fresh and exciting new changes in the foods you receive. Starting October 1st you will be able to buy your favorite fresh fruits and vegetables with your WIC checks. You will also enjoy more variety in your brands of juice and cereals. WIC will be adding healthy and tasty whole grains including 100% whole wheat bread, corn tortillas and brown rice. Your baby will also receive baby food, fruits, vegetables and meat.

The new WIC foods offer healthier food choices for you and your family, and help you to:

- Get the nutrients to breastfeed your baby
- Make healthy low fat milk choices
- Eat more whole grain breads and cereals
- Provide your baby with nutritious baby food, fruits and vegetables instead of just juice

Call 1-800-2525-WIC or your local WIC clinic  
for more information.

USDA is an equal opportunity provider and employer.